



Quarterly of the
HENRY STREET
VISITING NURSE SERVICE

Executive Offices 99 PARK AVENUE New York City

Vol. I

MARCH 1930

No. 1

DINNER IS HELD TO PLAN SPRING FINANCIAL CAMPAIGN

Special Need for Increased Funds in 1930 Emphasized;
Speakers Include Lillian D. Wald, John Erskine
and Dr. Shirley W. Wynne

Plans for a spring campaign to finance the work of the Visiting Nurse Association have been under way for some time, culminating in a dinner at the Colony Club Wednesday evening, March 12, given by Mrs. Henry P. Davison and the Board of Directors. Mrs. Davison has accepted the chairmanship of the campaign. Charles C. Burlingham was to preside at the dinner.

All members of the Campaign Committee are undertaking to raise the salary of one nurse—\$1,725—or as large a part of this sum as possible, either through direct appeal or by letter. Letters may be sent personally by the member, or by the administrative office of the nursing service, over the committee member's signature. The object of the dinner was to discuss plans and arouse interest, with solicitation of money on the occasion entirely absent.

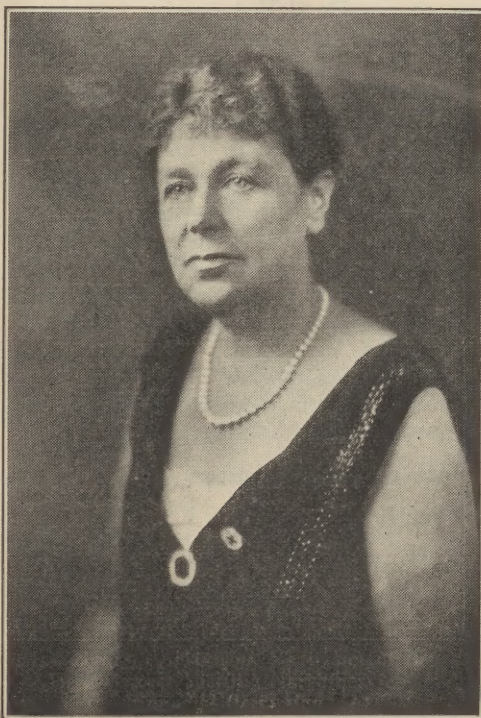
Special speakers on the program included Lillian D. Wald, who founded the Henry Street Visiting Nurse Service 37 years ago, John Erskine and Dr. Shirley W. Wynne, Health Commissioner of New York City.

Funds are urgently needed, not only to meet the budget for the current year, but to permit important expansion. Work in the field demands the addition of 25 nurses. Additional resources are also required to extend the 24-hour maternity delivery service into other sections.

The nursing service has a regular charge per visit which is \$1.15. This sum is adapted to the means of the patient, so that those unable to meet the full price may pay what they can. Many of the patients who formerly were in a financial condition to defray this expense are now unable to do so, but the nursing care must be rendered, nevertheless. The unemployment situation, which has caused considerable concern generally and has been the subject of items in the daily press from time to time, has particularly

affected the families which Henry Street Visiting Nurse Service is unusually well qualified to serve.

Among those accepting invitations to the dinner were: Mr. and Mrs. Louis Abrons, Mrs. Charles Appleton, Mr. and Mrs. Grosvenor Atterbury, Mrs. Francis C. Barlow, Mrs. Edward Fales Coward, Mr. and Mrs. Louis Dannenbaum, Ellamayre Failor, Mrs. L. M. C. Flower, Mr. and Mrs. William Gallowhur, Mr. and Mrs. Herman Gettner, Mr. and Mrs. Robert Folgar Gardner, Mrs. Augustus Hand, Mr. and Mrs. Donald P. Hart, Mrs. W. N. Has-



Mrs. Henry P. Davison, Chairman of the
Henry Street Visiting Nurse Service
Financial Campaign.

kell, Dr. and Mrs. Minor C. Hill, Mrs. Frederick E. Humphreys, Mrs. Joseph Lilienthal, Mr. and Mrs. Clarence Mack, Mr. and Mrs. Henry E. Mattison, Mrs. Willis Gemmill Mitchell, Mr. and Mrs. Herbert Russell, Joseph Seligman, Mr. and Mrs. Konrad von Ilberg, Mrs. Schuyler Warren, Mrs. Thomas J. Watson, Dr. Gaylord S. White, Mr. and Mrs. Waring Wilson, Mr. and Mrs. Benjamin Wollman.

Mr. and Mrs. Charles Lee Austin, Mrs. Charles S. Brown, Jr., Mrs. Julius Ellinger, Mr. and Mrs. Harrison Fuller, Mr. and Mrs. Louis S. Gimbel, Jr., Mr. and Mrs. Howard Gillem, Mr. and Mrs. Broderick Haskell, Jr., Mr. and Mrs. Harry Bellas Hess, Mr. and Mrs. Arthur I. Hoe, Mr. and Mrs. Charles Kellog, Mr. and Mrs. William McAlpin, Mr. and Mrs. Eugene Norton, Mr. and Mrs. John Russell, Mrs. William A. Saks, Mrs. Samuel Salvage, Mr. and Mrs. Edward S. Steinam, Mrs. Arthur Stem, Mrs. Gerard Swope, Mrs. Robert Turle, Mrs. Leopold Wallach, Mrs. Warren N. Schuyler, Miss Gretchen Waterman.

Members of Mrs. Davison's committee, who were unable to attend the dinner, were: Mrs. Joseph F. Cullman, Jr., Mrs. Cleveland E. Dodge, Mrs. Halstead Freeman, Mrs. John L. Loeb, Mrs. William H. Post, Mrs. Jacob H. Schiff, Mrs. Arthur Schulte.

FIELD VISIT MADE BY DR. EMERSON

Dr. Haven Emerson, professor of public health, Columbia University, accompanied a nurse from Henry Street's Washington Heights Center on her visits to patients not long ago.

In the two hours and a half the excursion covered, six cases were visited. Dr. Emerson was particularly struck with the economy of time which marked the nurse's routine. "She knows almost to the minute how long a certain type of call will take," stated Dr. Emerson, "and is able to schedule her day with reference to the location of visits accurately in advance. Henry Street nurses average eight calls a day. Every procedure, each motion, is planned and routinized with the greatest expedition compatible with skill and wise attention for the patients' needs."

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White House Conference

The White House Conference on Child Health and Protection has enlisted the co-operation of two members of the board of directors of the Henry Street Visiting Nurse Service: Mrs. Hermann Biggs and Miss Lillian D. Wald, who are acting on the Committee on Child Care. Miss Marguerite A. Wales is a member of the committee on pre-natal and maternal care. They have attended several important meetings in Chicago recently.

Henry Street Visiting Nurse Service is deeply concerned with the subject matter of these important conferences. Child health and maternity problems comprise a large part of the daily work of nurses from our 18 centers established in New York City. During four months, November to February last, inclusive, this organization cared for 3,188 new baby cases, and within the same period, there were registered 2,984 new ante-partum cases, and 1,171 new post-partum. Each succeeding year more women are coming to understand the need to prepare for motherhood with the skilled help of physician and nurse, as well as the greater safety to mother and child from nursing service during and after confinement.

This opportunity to participate in conferences which are expected to awaken widespread interest in the subject, is welcomed by Henry Street.

FELIX M. WARBURG IS HONORED RECEIVES BETTER TIMES AWARD

Health Commissioner Wynne Also Gets Medal
for Distinguished Service

Felix M. Warburg, president of the Henry Street Visiting Nurse Service, is one of the recipients of the fifth annual award of 'The Better Times' medal for distinguished service to the city of New York. The medal also was given to Dr. Shirley W. Wynne, health commissioner, and to the Regional Plan of New York and Its Environs, the plan itself being an outstanding contribution, which could not be adequately recognized as the work of a single individual.

The citation accompanying Mr. Warburg's award reads in part: "To art, to music, to education and to philanthropy he has brought his genius for organization, his inspired and practical imagination, his lucid quality of thought and his keen decisiveness of mind."

"In the field of social welfare he has erected new guide-posts of usefulness for men of wealth and intelligence. He advocated and influenced, while a member of the board of education, the development of ungraded classes now a component part of the school system in this and other cities. By

his power of organization and through the confidence reposed in him by the Jewish community he brought order and efficiency to the great body of Jewish charities in the city. He was the first president of the Federation for the Support of Jewish Philanthropic Societies in New York and remains an active and devoted member of its directorate. He was one of the little group of far-sighted men who brought about the formation of the Welfare Council of New York City, and who are steadfastly supporting its program for more effective co-ordination of social resources. His generous and sympathetic participation in the work of the nursing service of Henry Street Settlement, has been a powerful factor in the extension of that service to the sick and suffering of the city.

"Mr. Warburg's influence has penetrated far into the life of his generation. His race, his country, his city, all feel the quickening power of his personality. His full and ardent citizenship, his deep and practical sympathies, enrich humanity."

NEW SERVICE IS INSTALLED BY HENRY STREET

A new type of service recently established aims to provide skilled nursing care for a short time on the occasion of the physician's visit. This service was created after an analysis of conditions affecting those who are ill in their own homes disclosed a sufficient need to warrant it.

The "appointment service" as the new plan has been called, is to be self-supporting, as its special character does not make it universal enough in application to be maintained on the usual basis of \$1.15 per visit, with the patient paying so much of this sum as his means may allow. It was foreseen that the long-established work would find an encroachment in the new policy unless its full cost were paid by the patient.

Rates for the appointment service are:

First hour (or part)	\$2.00
Each succeeding 20 minutes	.50
Assisting at minor operations	5.00

Visits are from one to four hours in duration, and can be made only between the hours of 8.30 A. M. and 5 P. M. It is not desired to include any cases except those which require highly trained care at a particular hour.

AMATEUR ADVICE

A butcher advised an expectant mother to eat plenty of meat, and later she became dizzy and nauseated practically all the time, but did not trace the disorder to this cause. It remained for one of our nurses to point out what the correct diet should be, and now this woman is a regular attendant at the Mother's Club.

HENRY STREET CENTERS

Administrative Office
99 PARK AVENUE
NEW YORK CITY

Section	Address
East Harlem Nursing & Health Service	354 E. 116th St. Fordham
	2828 Valentine Ave. Greenwich
	294 W. 11th St. Hamilton
	72 Market St. Henry
	265 Henry St. Longacre
	525 W. 47th St. Melrose
	1160 Jackson Ave. Morningside
	103 W. 110th St. Morrisania
	320 E. 149th St. Murray Hill
	325 E. 38th St. North Harlem
	202 W. 136th St. 79th Street
	234 E. 79th St. Stuyvesant
	233 E. 11th St. Tremont
	2021 Arthur Ave. Union
	243 E. 104th St. Washington Heights Medical Center, Room 205, 168th St. and Broadway
	Westchester: 2169 W'chester Ave. Gun Hill
	700 E. 211th St.

NLM

MENTAL PROBLEMS CALL FOR TACT AND SKILL OF NURSE

Often She Has First Opportunity To Discover Them and Aid Preventive Work

"Husband is extremely talkative, and unable to keep a job. Thinks everyone is against him. Not a nursing case — dismissed."

This notation was made by a nurse several years ago. Today the case would not be dismissed. Since the development of mental hygiene work in the nursing field, such instances serve as opportunities for important service.

A mental hygiene program has been a part of activities of the Henry Street Visiting Nurse Service since April, 1927. One-hour conferences have been conducted every two weeks in each one of the eighteen centers under the direction of a trained psychiatric worker. A lecture is given by this supervisor, which is followed by questions and discussion on the part of the staff. Problems encountered by the nurses in their daily work are discussed.

It is interesting to note that the shelves of the library at nursing headquarters which house volumes on mental hygiene are almost always quite empty, and the books themselves as they come back and are given out again show the evidences of constant use.

In all instances the nurse interested in a case has an individual conference with the supervisor regarding the best way to handle it. Knowledge of the various New York clinics which accept psychiatric cases and children's behavior problems is an important part of the nurse's equipment. It is essential for her to distinguish the type of problem she can help solve from the serious one which calls for skilled study and treatment in a psychiatric clinic.

The nurse has proved her ability to handle many of the less serious difficulties involving habit training and correction. She has an unsurpassed opportunity during her visits to observe the behavior of the two-

year-old youngster, as well as the mannerisms of the five-year-old. The nurse's contact is direct, and occurs when children are of an age when habits are forming that may mean future trouble.

A sympathetic, intelligent visiting nurse often irons out difficulties at home before



Teaching a Mother How to Wash the Baby

they become cases for clinics, if she has the insight to recognize early danger signals and the tact to manage the personality problems always involved.

In helping a family to better their condition of health, it has come to be recognized that it is impossible to draw a clear line between mental and physical well-being. The nurse feels she is only half doing her job if she takes care of one aspect of health and neglects the other.

NURSING IN PNEUMONIA

Physicians are agreed in emphasizing the value of nursing service in cases of pneumonia. Here, especially, may the patient's life depend on the kind of care which is available throughout the period of illness. It is vitally important that orders of the physician be carried out to the letter. Members of the family attending the patient may be taught the practical details of bedside nursing best by watching a visiting nurse actually perform them, and are thus able to provide more adequate care in her absence than could otherwise be possible. Henry Street visiting nurses attended 509 cases of pneumonia in the four months immediately preceding March 1, 1930.

VISITS BARGE FAMILY

Two pale little children living with their parents on a coal barge, with never a chance to get air and sunshine on deck because of the danger of falling overboard—a father arguing loudly with the mother who lay in a dark bunk with her newborn baby—what a scene confronted the Henry Street nurse!

To find the patient she had traversed a long street lined with factories and warehouses, jumped from the pier at low tide down to the first barge alongside, and made her way over intervening boats until she reached the "home" which boasted of such pets as two dirty white dogs and two brown pigeons in a cage.

The mother had not been on shore in six

months. The barge, full of coal, will lie where it is until a large power plant nearby needs fuel. Water had to be brought by the husband from a hydrant some distance away, so that laundry and cleaning operations were limited. The children's diet was composed chiefly of cereals; fresh milk was unknown, the powdered variety being substituted in small amounts.

Here indeed was a crying demand both for direct care to the mother, and educational work with the whole family. The parents were opposed to sending the children to school. They spoke of getting books and teaching them at home, but as neither of the parents enjoyed any schooling themselves, except to a limited extent, there was not much of promise in the idea. The family was as primitive as if they lived in a remote mountain country, for they seldom saw anybody but their neighboring barge families, apparently in a similar condition of stunted development. With almost no contact between these people and the shore, the task of helping them to solve their problems became one requiring considerable time and patience.

NURSING CENTER CO-OPERATES WITH HEALTH DEPARTMENT

Recent announcement by Health Commissioner Wynne that his department advocates the establishment throughout the city of health units, where official and unofficial activities may unite their efforts, is expected to add new impetus to developing centers such as Henry Street maintains in 79th Street. The health department's baby station operates in the same building with the visiting nurse service, and advantage is taken of this means to reach many of the hundreds of mothers who come to the public baby station, and interesting them in such Henry Street activities as mothers' clubs and the maternity delivery service.

At 79th Street last year, 1,052 pre-school visits were recorded. Henry Street nurses followed up cases into their homes after the physicians' examination.

During the summer months last year, 300 children were sent from this center to Camp Tappawinga, maintained by one of the directors of the Henry Street Service near New Haven, Conn. A Henry Street nurse was in attendance there, and by this means the health habits of these children were supervised throughout the year.

HENRY ST. IN FINLAND

A Finnish nurse who received training at Henry Street for two years and then went to her native country and established a visiting nurse service at Helsingfors writes: "It was a long, hard pull, but going well now. I am sorry you cannot see my office with its visiting nurses, Henry Street bags and call slips, just like one of the New York Centers."

INDIFFERENCE CHALLENGES RESOURCES OF NURSES

Indifferent Attitude Changed By Patience and Tact —or Luck May Play a Part

How to break down the barrier of superstition which stands in the way of public health teaching is often a difficult problem.

Often the order of the words "guide, counselor and friend" needs to be reversed. The nurse must become "friend" before she can become "counselor" or "guide."

Even a ridiculous incident may engender a feeling of confidence. A colored woman under the care of a nurse from the Washington Heights Center could not be induced to give her children cod liver oil, or to make separate sleeping arrangements for them. As she was an expectant mother, the nurse was bending every effort to prepare her, but with little success.

One day the patient insisted there was no need to take any measures of preparation because the baby was not due for ten days, and she also volunteered the definite information that it was to be a girl. The nurse jocularly replied that the baby would arrive that very night, and that it would be a boy. And so, strangely, it turned out.

From that time on not a word of sug-

gestion from the nurse went unheeded. Her directions were followed implicitly and with religious zeal.

Sometimes indifference is overcome only when the emotional factor intervenes. A woman who recently arrived in this country from Europe could not fathom the "strange proceedings" suggested by the nurse as a part of pre-natal care. Why should she consult a doctor when it was not done in her own country? Again, after the baby arrived, its body plainly showed the lack of bathing. At the age of six weeks the baby became ill with lobar pneumonia, and the doctor did not give the family much hope for recovery. The nurse spent much time on the case, followed the doctor's orders carefully, and in the end the baby recovered.

The mother's gratitude and appreciation of the nurse's care during this period completely changed her attitude. She became willing to follow instructions in every detail, was able to give a perfect demonstration bath, regularly kept the baby's temperature, and soon was recording its weight herself in a book kept for the purpose.

LARGE SHARE IN "T.A.T." WORK

The campaign conducted by Health Commissioner Shirley W. Wynne for the immunization of children against diphtheria has received the hearty co-operation of many voluntary organizations throughout the city. For the period from January 1 to November 1, 1929, 13,100 children were immunized by such agencies, according to the Children's Welfare Federation. Of these, 3,126 were the result of efforts of the Henry Street Visiting Nurse Service—almost a quarter of the total.

AFTER MANY YEARS

The memory of service rendered is not easily effaced. A card was received by one of the Henry Street nurses during the last holidays which read:

"This message is from one to whom you were very kind twenty-three years ago, and who has never forgotten you. I had two children and a sick husband whom you placed in a hospital. Today my family is grown up and all are married. I own two houses and am well and happy, and many times I sing to my grandchildren the song you used to sing, 'Sail, baby, sail.'"

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